

# SENIOR CENTER SERVICES

## GREENWICH SENIOR CENTER:

Open Monday thru Friday  
9:00 am to 4:00 pm

Front Desk 203/862-6700

Administrator 203/862-6720  
Laurette Helmrich

Program Specialist 203/862-6721  
Lynn Mason

Administrative Staff Assistant I 203/862-6700  
Deana Salerno

Morrison, Inc. Food Services  
Executive Chef Jonathon Lindley 203/862-6725

## Commission on Aging (CoA):

Open Mon thru Fri, 8:00 am to 4:00 pm

Director 203 862-6710  
Lori Contadino, MS

Administrative Staff Assistant II 203 862-6710  
Chicky Krois

## Greenwich Dept. of Health:

The Health Suite is located on the ground Floor.

Public Health Nurse: Free walk-in visits  
Tuesdays from 12:30 pm to 2:00 pm

Health Suite 203 862-6730  
Dept of Health 203 622-7859

## Luncheon by Morrison Foods, Inc.

A hot meal is served Mon thru Fri between 12 & 1pm.  
Please make reservations the **day before** at front  
desk by 11:00 am.

For Monday, please call the Friday before.  
Reservations the day of the lunch will not guarantee  
you a meal.

Noon meal prices:  
Dining in: \$5.00  
To-Go: \$5.50

## TechLounge:

(Formerly SeniorNet, lower level)  
Andrea Anthony 203-862-6734

## Senior Tax Relief:

Applications for the State and Local Senior Tax Relief must be submitted between February 1 and May 15. Forms will be mailed to prior recipients who may complete the forms required, including copies of their income tax return and social security documents, and send them to the Assessor **before March 15**. After March 15, completed applications must be dropped off at the Assessors Office prior to the deadline of **May 15**. New applicants may come to the Assessor's Office for assistance.

Assessor's Office 203-622-7885

## Social Services:

(Town Hall Number) 203-622-3831  
Linda Sandiae, LCSW 203-622-7797  
Senior Center Office Hours

Tuesdays: 9:00 am - 11:00 am

## Rent Rebate: May 1 Through Oct 15

9:00 am - 11:00 am

By appointment only

Contact: Jayne Wilson for more information

Dept. of Human Services 203-622-6458

## Energy Assistance: Oct 15 thru April 30

Shut-offs, out of oil, emergency issues

By appointment only

Dept. of Human Services 203 622-3800

## Alzheimer's Assoc Office Hours:

Shannon Jordan 860-329-9403

10:00 am to 3:00 pm

2nd Weds per month, lower level

## Transportation:

Please sign up for transportation the **day before** you wish to come to the center. Reservations can be made at the front desk until 1:00 pm 203 862-6700

In case of cancellation please call TAG: 203 637-4345

## USE: (Utilize Senior Energy)

A no-fee employee referral service for adults aged 50 plus.  
Located on the ground floor. Please visit UtilizeSeniorEnergy.org for more information.

Open Mon thru Fri 203-862-6712

Hours are 9:30 am to 12:30 pm

## Director

Michael Amoroso 203-862-6712



## Greenwich Senior Center

299 Greenwich Ave

# March 2018

[www.greenwichct.org](http://www.greenwichct.org)

203-862-6700



*The Silvertones  
Rehearse*

*Lunchtime Music  
w/Jay Louden*

*Thursday evening  
T'ai Chi w/Bill*

*Animal Embassy*

*Country Western  
Friday Film Series*

*Garden Education  
Center*

*Tech Lounge*

*The Chimers Rehearse*

*Trivia*

*Senior Center  
Closed*

*March 16th*

*March 30th*

# CELEBRATE ST. PATRICK'S DAY!

## ST. PATRICK'S DAY PARTY w/SINGER GARY KAHN

Friday March 16, 2018

Eastern Greenwich Civic Center

90 Harding Road, Old Greenwich

11 am - 2 pm

Traditional Irish Feast

Reservations Required (\$15 per person)

RSVP: Lynn Mason 203-862-6721

## INSIDE THIS ISSUE

- **HEALTHY BRAIN TRAINING ! Pages 2, 8 & 10**
- **NEW AFTERNOON CLASSES IN APRIL Page 2**
- **UPCOMING EVENTS Page 2**
- **EDUCATIONAL SEMINARS Page 4**

View/ Like Us On The Town of Greenwich Facebook Page

## THANK YOU TO OUR GENEROUS SPONSORS!



### NEW CLASSES & HAPPENINGS

- "Total Brain Health" 8 week class beginning Monday April 9th. 6:00 pm - 7:30 pm at the Greenwich Library. See page 10 for registration details.
- April 4 Thru June 20: "Forever Fit" w/Wendy Rosa Reg Req. \$10 for entire session
- April 5 Thru June 21: "Boom!" w/Linda Lombardo Reg Req \$10 for entire session
- April 4, 11, 18, 25: "I've Fallen and I Learned How To Get Up" \$20 for the session
- Enjoy the music of pianist Jay Louden while you dine every Thursday @ noon

### UPCOMING EVENTS

- ⇒ RUTH WILSON'S 100th BIRTHDAY PARTY !!!! March 12th @ 1:30 pm !!!
- ⇒ Saint Patrick's Day Party featuring singer Gary Kahn Friday March 16th, Eastern Greenwich Civic Center
- ⇒ Wednesday March 28th: "World Wildlife" live animals presented by: The Animal Embassy courtesy of the GREATS
- ⇒ The Larry Ayce Duo : Regional favorite Larry Ayce (vocals & smoking guitar) & Vocalist Doreen Marie, former Nashville session artist. Courtesy of the GREATS Tuesday April 10, 2018
- ⇒ Flashback Friday: Fabulous 50's ! May 11, 2018 5 - 8:00 pm Eastern Greenwich Civic Center. Stay tuned for more details
- ⇒ Westchester Broadway Theatre "Anything Goes" July 11, 2018 \$65 includes bus 3 course meal, show and all gratuities.

## THANK YOU TO OUR GENEROUS SPONSORS!



Yale  
NewHaven  
**Health**  
Greenwich  
Hospital



Greenwich  
Library

**PREMIER**  
home health care services, inc.



# THE TOTAL BRAIN HEALTH BLUEPRINT: TAKING ACTION FOR BETTER COGNITIVE WELLNESS

Designed by Dr. Cynthia Green and follow-up to lecture:  
"Welcome To The Brain Age"

8 Mondays beginning April 9th @ Greenwich Library 6 - 7:30 pm (\$20 for series)  
To register call Lynn Mason 203-862-6721



© Memory Arts 2013

Puzzle Answers from Page 8

1. Foreign Film
2. Star-Crossed Lovers
3. Look Before You Leap
4. Four Degrees Below Zero
5. Lounging Around The House
6. Back-Handed

## SENIOR CENTER PROGRAMS

### Art Classes w/Chris Gordon (6-wk sessions)

#### Beginner Classes:

Open to Greenwich Senior Center Members who want to find a new artistic skillset painting with acrylic paints in a creative & supportive learning environment Non-artists and beginner painters welcome

#### Intermediate/Advanced Classes:

Open to Greenwich Senior Center Members who are experienced painters looking for guidance in expanding their acrylic painting style and technique.

#### To Register (Required):

Contact Chris: [cmgordon@optonline.net](mailto:cmgordon@optonline.net)  
\$20 Registration fee payable to Lynn or Laurette in main office of Senior Center

### Balance & Stretch w/Wendy Rosa

Join fellow enthusiastic participants in a creative approach to whole body balance and core strength.

### Best Seller Book Author Lectures/Signings

Various popular authors visit and present on their publications.

### Bingo

Fridays @ 10:30am. Winners receive a small cash prize. Cost of cards is 25 cents. Buy as many as you want.

### Body Balance & Stability w/Linda

A great way to strengthen your core and build total body strength. Class is conducted with or without a chair.

### Bridge Play

Join other members for an afternoon of informal bridge. Check calendar for game dates and times.

### Birthday Luncheon

To help our members' celebrate their birthday, they will receive a voucher for a free lunch, courtesy of the GREATS, to be used at their choice of date and time. (You must sign up ahead of time at front desk!)

### B.Y.O.B. w/Wendy Lee

"Build Your Own Back" pro-active strength and toning class to combat and prevent back issues.

### Chair & Floor Yoga w/Paula & Jeannie

Jeannie Stevens and Paula Schooler bring participants all the spiritual, physical and mental benefits of Yoga in a chair and on the floor! Held in the Main Dining Room/ Far Lounge. Check calendar for days and times.

### Chess

A group that meets to enjoy the game.

### Feldenkrais Style Movements for Arthritis w/Wendy

Join instructor Wendy Rosa for a series of slow, static, healing movements Scientifically proven to combat arthritis Pain in seniors. Props and music are used for program enhancement.

### Fitness Fun w/Wendy Rosa

Get fit, improve balance, tone your body And have fun at the same time.

### Floor Yoga w/Jeannie & Paula

Hatha postures that challenge the body, mind and spirit. It's the real thing folks! Floor mat is required. Namaste.

### Garden Center Workshop

Held every month From Oct to March. Create lovely live arrangements. Sign-up required. Limit: 18 participants per class.

### Italian Lessons w/Luciana

Learn Italian grammar from experienced educator Luciana Orzano in a structured forum. Classes meet every week.

### Knitting Knotch/Needlework Groups

All levels welcome. Create any item of your choice. Instruction offered on Wed mornings w/Debbie.

### Lectures/Presentations & Evening Series

Professional guest speakers present on an array of interesting and informative topics including healthcare, wellness, history, nature, elder law and financial planning. Never a sales pitch. Forums are purely educational. Refreshments & giveaways at many sessions!

### Live Entertainment

Talented musical artists perform for your pleasure. Dance & sing the morning or afternoon away! Check calendar for dates and times.

### NYT Crosswords w/Ed Stein

Not your grandmother's crosswords folks! Check program calendar for dates and times.

### Pickup Tabletop Games

Random card/ board game sessions throughout the day, Mon thru Fri. Scheduled programs take room precedence.

### Pilates Gold w/Jeannie

Challenge your body to static stretching and toning. On the floor, or in a chair. Mats required.

### Quilting Patch

All are welcome to join this cheerful group. Some instruction provided

### Shopping w/The TAG Bus Driver

Go shopping at Shop Rite of Stamford/ Walmart Rte.7 Norwalk/ Christmas Tree Shop. Limit: 2 bags per person. Sign up at the front desk. Check calendar for dates. Limit: 20 shoppers.

### Silvertones Choir

A group of enthusiastic seniors who love to sing . Travel to area facilities/ organizations & events to perform live! Two rehearsals per month.

### Special Events/Parties & Trips

Check the Lantern & Center flyers for upcoming fun gatherings at very affordable fees.

### Super Noggin

Total brain healthy living course. Evidence based! 8 weeks for only \$20. See staff for courses and sign up.

### Surfing USA & Beyond

Join us as we 'surf the internet' as a group. Everyone will get a chance to suggest a topic and as a group we will decide where to go from there on the SmartBoard.

### T'ai Chi w/Bill Wrenn

Learn the moves and wellness benefits of this ancient art from a Certified Master. A safe form of exercise that strengthens core balance, increases mental function, and tones the body. Classes can be held outdoors, weather permitting. Afternoon and Evening classes.

### TechLounge

A variety of computing classes to meet today's demand. Only \$5 per class. Check Lantern calendar for class days and times. Newly renovated!

### Total Body/Mind Wellness Programs

Credentialed professionals discuss modern mind/body health related topics. See calendar for dates and times.

### Zumba Gold w/Wendy Rosa

All the benefits of regular Zumba for seniors now twice per week! Great music & moves. We rock out to the latest tunes. It's the real thing.

# EDUCATIONAL PROGRAMS

## SENIOR RESIDENCE PRESENTS:

**Kelly McCarthy, author of Brass Ring Memoirs  
Director of Memory Care and Engagement  
LCB Senior Living**

Encouraging stories using practical methodologies to help caregivers reach their goals in Alzheimer's and dementia care

**Tuesday March 6, 2018  
1:20 pm Main Dining Room**

**VISITING NURSE & HOSPICE OF  
FAIRFIELD COUNTY**

*Presents:*

**“DE-CLUTTERING YOUR LIFE”**

**Thursday March 8, 2018  
1:15 pm Main Dining Room**



**HOW I BEAT THE WINTER BLUES  
Presented by Susan Nadel, LCSW**

**Thursday March 22, 2018  
1:15 pm Main Dining Room**

## PLANNED GIVING

As you prepare your legacy for your family and community, please consider making a tax-deductible bequest to The Friends of the Greenwich Senior Center. Your contribution will help us to provide vitally needed support and services to our members.

If you would like to designate a gift to a specific program or “To Honor” a loved one, please tell us and we will do our best to meet your wishes.

If you have any questions, please call Laurette Helmrich, Greenwich Senior Center Administrator at (203) 862-6720.

## **HELPFUL INFORMATION**

### HOW TO BECOME A MEMBER:

- Membership is **free** to any Greenwich Resident aged 62 or better. Hours of operation are Mon thru Fri 9:00 am - 4:00 pm.
- Joining is easy! Come in and see any Senior Center staff member who will register you and issue a key tag. **Note:** There is a \$5 fee to replace lost key tags.
- Just swipe the tag at the screen in our front lobby, choose your activities for the day on the touch screen, and you're good to go!
- We offer annual parking passes that must be renewed each Jan for \$5. **Note:** Members are required to utilize the Senior Center a minimum of 12 times per year in order to qualify for the pass. Your current CT license plate number is required for our records.
- WiFi is free of charge to all members.

### HOW TO HAVE BREAKFAST AND OR LUNCH WITH US

Sign up at front desk or by phone (203/862-6700) one day prior or on Friday for Monday lunch. Lunch sign-up ends each day promptly at 11:00 am. Please indicate if you choose to dine in or take out when signing up.

**Alternative luncheon items:** Must be ordered prior to 11:00 am. Absolutely no changes will be accepted after that time.

#### **Please be advised:**

- If you sign up the same day as you wish to have lunch, we cannot guarantee you a meal for that day.
- Due to the increased volume of lunches served, we may run out of an item on the menu.
- Meals are subject to change and substitutions may occur.

#### **“To-Go” Lunches:**

- Subject to availability and cost an additional 50 cents.
- Must be picked up between 12:30 pm and 1:00 pm and cannot be held for later.
- Packed standard, no substitutions allowed.
- If you wish to take home an additional to-go meal, you must wait until everyone has been served.

#### **The following fees are now in effect:**

Coffee	\$1.00 (Free Refills)
Muffin or Toast with Coffee	\$1.50
Two muffins or Toast with Coffee	\$3.00
Lunch	\$5.00
To Go Lunch	\$5.50
Soup, Salad & Beverage	\$2.00
Dessert & Coffee	\$2.00
Pre Paid Lunch Coupon Books	\$90.00 (20 lunches/10% Discount)

*Sorry, no substitutions on breakfast or luncheon items*

Lunch Tickets are non refundable due to loss or theft and are not redeemable for cash at any time.

### SENIOR CENTER PARTIES, TRIPS, & EVENTS:

Although the majority of programs are free, there are fees associated with our trips, theme/holiday parties and some programs. A staff member will be available Monday thru Friday 9:00 am to 4:00 pm to assist with trip/event sign-ups and table assignments. Fees are payable by cash or check. Please make checks payable to: “Friends of the Greenwich Senior Center” or for your convenience, we can stamp the check for you. The Senior Center is not responsible in whole or in part to trip participants for any loss or damage to persons or property. *There are No Refunds, No Party Reservation Transfers, and No To-Go Meals at any Senior Center Events.*

### TRANSPORTATION SERVICE:

Bus service between your home and the Senior Center is provided Mon thru Fri by the Transportation Association of Greenwich (TAG). Your arrival at the Center is ~ 9:00 am and departure is at 2:45 pm. Please sign up for transportation the **day before** you wish to come to the Center. Reservations can be made at the Front Desk until 1:00 pm or call 203-862-6700 the day before to have your name placed on the transportation list. In case of cancellation please call TAG directly at 203 637-4345

## REBUS BRAIN GAMES

fi4lm

 LOVER

bebnsd

0  
AA  
BS  
MS  
PhD

LO  
G  UN  
N I G

Look U Leap

(Answers on Page 10)

## 299 ON THE AVENUE LUNCHEON MARCH 2018

CHEF JONATHAN LINDLEY'S MENU IS SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>There is such a thing as a free lunch Take advantage of our discounted lunch coupon books (\$90) &amp; get 2 free lunches!</p>	<p><i>Light Breakfast Served Mon thru Fri 9:15-10:15am</i></p>	<p><i>Home Made Hot Soup &amp; Fresh House Salad Served Daily</i></p>	<p>1 Sausage, Peppers and Onions Over Pasta Jello</p>	<p>2 Lemon Baked Cod Zucchini and Yellow Squash Orzo Pilaf Assorted Desserts</p>
<p>5 Stuffed White Rice Mixed Vegetables Fresh Fruit</p>	<p>6 Pork Tenderloin Au Gratin Potato Green Beans Jello</p>	<p>7 Liver and Onions Mashed Potato Spinach Banana Pudding</p>	<p>8 Roast Chicken Roast Vegetables Mac and Cheese Pumpkin Pie</p>	<p>9 Crab Cakes Tavern Fries Coleslaw Vanilla Ice Cream</p>
<p>12 Stuffed Shells with Marinara Zucchini Garlic Bread Jello</p>	<p>13 Pork Chop Steamed Rice Roasted Carrots and Parsnips Cookies</p>	<p>14 Pulled Pork Sandwich Sweet Potato Fries Collard Greens Apple Crisp</p>	<p>15 Stuffed Pollock Tarragon Cream Sauce Asparagus Orzo Assorted Pie</p>	<p>16 Senior Center Closed</p>
<p>19 Chicken Francese Parsley Potato Mixed Vegetables Yellow Cake</p>	<p>20 Meatloaf Sweet Potato Cauliflower Fresh Fruit</p>	<p>21 Vegetable Lasagna Roasted Zucchini Garlic Bread Cookie</p>	<p>22 Roast Turkey Mashed Potato Broccoli Chocolate Cake</p>	<p>23 Baked Tilapia Cous Cous Yellow Squash Lemon Meringue Pie</p>
<p>26 Spaghetti and Meatballs Swiss Chard Garlic Rolls Jello</p>	<p>27 Veal Stew with Vegetables Over White Rice Pumpkin Pie</p>	<p>28 Herb Chicken Red Bliss Mash Broccoli Banana Pudding</p>	<p>29 Beef Pot Roast Mash Potato Succotash Apple Crisp</p>	<p>30 Senior Center Closed</p>



23

Baked Tilapia  
Cous Cous  
Yellow Squash

Lemon Meringue Pie

30

Senior Center Closed

March 2018

# Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PROGRAM LOCATION:</b> <b>CR - Craft Room</b> <b>FL - Far Lounge</b> <b>GL - Greenwich Library</b> <b>OS - Offsite</b> <b>MDR - Main Dining Room</b> <b>L - TechLounge</b>	<b>REMINDER</b> <b>RENEW YOUR PARKING PASS</b> <b>\$5.00</b> <b>MUST HAVE ATTENDED SENIOR CENTER PROGRAMS 12 TIMES IN 2017</b>	<b>NOTE: WENDY ROSA'S CLASSES WILL BE CANCELLED ON THE FOLLOWING DATES: 3/12 THRU 3/19. THEY WILL RESUME ON Wednesday 3/21.</b>	<b>1</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> 10:30 Silvertones Rehearse - <i>MDR</i> 1:00 Italian Lessons w/Luciana - <i>CR</i> 1:20 Trivia w/Lynn - <i>FL</i> 2:15 B.Y.O.B. w/ Wendy Lee Rosa - <i>FL</i> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>2</b> 9:30 Painting Session - <i>CR</i> 10:00 Fitness Fun w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i> 1:15 Movie: <i>The Winding Stream: The Carters, The Cashes &amp; The Course of Country Music</i>
<b>5</b> 9:30 - 12:00 FREE Open Computer Lab - <i>TL</i> 9:30 Painting Session - <i>CR</i> 9:30 Basic Balance Class w/Wendy - <i>FL</i> 1:30 Zumba Gold w/Wendy - <i>MDR</i> 2:15 Feldenkrais Style Movements - <i>FL</i>	<b>6</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> 10:45 T'ai Chi w/Bill - <i>FL</i> 1:00 Floor Yoga w/Jeannie - <i>FL</i> 1:20 Author Kelly McCarthy "The Brass Ring" Memoirs 2:00 Pilates Gold w/Jeannie - <i>FL</i>	<b>7</b> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> <b>11:00 Documentary: Tsunami: Killer Waves</b> 1:45 Zumba Gold w/Wendy - <i>MDR</i>	<b>8</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> <b>10:45 Chimers Rehearse - <i>MDR</i></b> 1:00 Italian Lessons w/Luciana - <i>CR</i> <b>1:15 Visiting Nurse &amp; Hospice Presents: De-clutter your Life - <i>MDR</i></b> 2:15 B.Y.O.B. w/Wendy Rosa - <i>FL</i> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>9</b> 9:30 Painting Session - <i>CR</i> 10:00 Fitness Fun w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i> 1:45 Sing w/Lynn - <i>FL</i>
<b>12</b> 9:30 - 12:00 FREE Open Computer Lab - <i>TL</i> 9:30 Painting Session - <i>CR</i> <b>1:30 Celebrate Ruth Wilson's 100th birthday w/pianist David Wynne !!!</b>	<b>13</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> <b>10:45 GREATS Open Meeting - <i>MDR</i></b> 1:00 Floor Yoga w/Jeannie - <i>FL</i> <b>1:15 GARDEN EDUCATION CENTER - <i>CR</i></b> 2:00 T'ai Chi w/Bill - <i>FL</i>	<b>14</b> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> <b>11:00 Documentary:</b> 1:00 SHOPPING @ SHOPRITE	<b>15</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> <b>10:30 Silvertones Rehearse - <i>MDR</i></b> 1:00 Italian Lessons w/Luciana - <i>CR</i> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>16</b> SAINT PATRICK'S DAY PARTY FEATURING SINGER GARY KAHN EASTERN GREENWICH CIVIC CENTER 11 AM - 2 PM REGISTRATION REQUIRED \$15/PERSON SENIOR CENTER CLOSED
<b>19</b> 9:30 - 12:00 FREE Open Computer Lab - <i>TL</i> 9:30 Painting Session - <i>CR</i> 1:30 Zumba Gold w/Wendy - <i>MDR</i> 2:15 Feldenkrais Style Movements w/Wendy - <i>FL</i>	<b>20</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> 10:45 T'ai Chi w/Bill Wrenn - <i>FL</i> 1:00 Floor Yoga w/Jeannie - <i>FL</i> <b>1:15 Crosswords w/Ed Stein - <i>MDR</i></b> 2:00 Pilates Gold w/Jeannie - <i>FL</i>	<b>21</b> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> <b>11:00 Documentary: Planet Earth: Mountains</b> 1:45 Zumba Gold w/Wendy - <i>MDR</i>	<b>22</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> <b>10:45 Chimers Rehearse - <i>MDR</i></b> <b>11:30 How I Beat the Winter Blues -</b> 1:00 Italian Lessons w/Luciana - <i>CR</i> 2:15 B.Y.O.B. w/ Wendy Lee Rosa - <i>FL</i> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>23</b> 9:30 Painting Session - <i>CR</i> 10:00 Fitness Fun w/Wendy - <i>FL</i> 10:30 BINGO! - <i>MDR</i> 1:00 Chess & Bridge Play - <i>CR</i> <b>1:15 Movie: "Still Swingin": Bob Wills &amp; The Texas Playboys</b>
<b>26</b> 9:30 - 12:00 FREE Open Computer Lab - <i>TL</i> 9:30 Painting Session - <i>CR</i> 9:30 Basic Balance Class w/Wendy - <i>FL</i> <b>9:30 Trip to Walmart</b> 1:30 Zumba Gold w/Wendy - <i>MDR</i> 2:15 Feldenkrais Style Movements - <i>FL</i>	<b>27</b> 9:45 Chair Yoga w/Jeannie - <i>FL</i> 10:00 Quilting Patch - <i>CR</i> 10:45 T'ai Chi w/ Bill - <i>FL</i> 1:00 Floor Yoga w/Jeannie - <i>FL</i> 2:00 Pilates Gold w/Jeannie - <i>FL</i>	<b>28</b> 10:00 Chair Yoga w/Paula - <i>FL</i> 11:00 Floor Yoga w/Paula - <i>FL</i> 1:45 Zumba Gold w/Wendy - <i>MDR</i> <b>1:30 World Wild life w/ Animal Embassy &amp; Live Animals</b>	<b>29</b> 9:15 Body Balance & Stability w/Linda - <i>FL</i> 10:00 Knitting Knotch - <i>CR</i> <b>10:30 Silvertones Rehearse - <i>MDR</i></b> 1:00 Italian Lessons w/Luciana - <i>CR</i> 1:20 Trivia w/Lynn - <i>FL</i> 2:15 B.Y.O.B. w/ Wendy Lee Rosa - <i>FL</i> 5:30 T'ai Chi w/Bill Wrenn - <i>FL</i>	<b>30</b> SENIOR CENTER CLOSED FOR GOOD FRIDAY